I claim:

 A baffle for insertion between an edge of a window and an edge of a recess along which the window can reciprocate, the baffle comprising:

at least two block members each with a section resembling a capital "S" that defines top and bottom surfaces and further defines two internal, oppositely-opening slots, and

two elongate frame members each having a first portion adjacent one of said surfaces, and a second portion received in one of said slots.

- 2. The baffle claimed in claim 1, in which said section is substantially rectangular, and in which the top and bottom surfaces are substantially parallel.
- The baffle claimed in claim 1, in which each combination of a slot with a second portion exhibits a configurational irregularity which resists disengagement of the second portion from the slot.
- 4. The baffle claimed in claim 3, in which the irregularity is a cylindrical bead located on said second portion at the inner extremity thereof and engageable with a cylindrical recess in the corresponding block member.
- 5. The baffle claimed in claim 1, in which the block members and the frame members are all composed of sound-absorbent material.
- 6. The baffle claimed in claim 2, in which each frame member resembles a "J", the first portion corresponding to the long part of the J, the second portion corresponding to the short part of the J, each frame member further including

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a third portion bridging between the first and second portions, whereby the baffle can be used either a) with said first portions horizontal, to trap sound while allowing air to pass through, or b) with said first portions vertical, to prevent passage of both air and sound.